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COCAF News

Important News in This Edition!

Don't forget to attend the Spotlight on Families Conference on May 8 if you registered (registration is already closed).

Look for a great college scholarship opportunity for foster children on page 13.

To Russia... With Love

We've all heard about the Tennessee mom who sent her adopted son back to his country of origin. I think we were all flabbergasted by the thought of a 7-year old making a long-distance flight on his own. While I may not agree with this mom's method of dealing with a severely traumatized child, I think I do understand how she may have felt.

I have birth and adopted children. My adopted children were 5, 6, 8, and 10 years old when they joined our family. In my wildest dreams, I don't think I could have anticipated the joy or the complete and utter fear these children brought to our family. Yes, fear.

At first everything was overwhelming, but wonderful. And then the honeymoon ended with one of my adopted children's violent rages that left holes in doors, younger children shaking with fear, and me wondering how I could have made a decision that was now threatening to destroy our family.

When I called our county human services department to ask for help, I was told that I needed to get the out-of-control child in control ASAP or I would be charged with Dependency & Neglect (D&N). The social worker spent plenty of time explaining how this would destroy my life and reputation, as well as my husband's. The social worker also made sure I understood that all the children at home would be removed from our home and put back in the system. The only "help" we were given was six sessions with a therapist who had just graduated and had never worked with children adopted from the foster care system. He was not helpful in any way, and our then 8-year old adopted child asked if "he (the therapist) was stupid" after one of the sessions. When an 8-year old knows that the "helpful adult" doesn't have a clue, you know you're sunk.

So I do understand this mother's frustration, fear, and feeling of complete helplessness. My heart aches for her, the child returned to Russia, and the children still at home. Everyone in this family has been irrevocably traumatized.

This is why post-adoption support is critical for **all** adoptive families. COCAF, in the form of Deborah Cave, provided our family with the resources we needed to survive. We are permanently scarred, but our family is intact and we are moving forward with making our

family strong again. Every adoptive family deserves to be supported when things go wrong. And things will go wrong, because children who have managed to live through early childhood abuse have to express that anger at some point in their lives.

If you're a lucky adoptive parent who has never experienced being afraid your own adoptive child is going to kill you, know how lucky you are. But reach out to help those who do live in constant fear that their child is going to hurt someone...themselves, a sibling, a parent. Become a respite provider. Volunteer for COCAF or the Colorado Post-Adoption Resource Center (COPARC). Write to your legislative representatives and ask them to support post-adoptive resources. Donate to COCAF. We all want what's best for these children, and that means we need to help the families before they are so overwhelmed that their only course of action is to return the child to the system – no matter what country that system is in.

Colleen Tarket, COCAF Development Director
Colleen.taket@cocaf.org

NEW COCAF Facebook Site

COCAF now has a Facebook page. Go to www.facebook.com/COCAF and add COCAF to your friends list so you can stay current with new COCAF events or adoption-related information.

COCAF still has the Facebook Causes page as well. Help spread the word by joining the cause and asking your friends to join, too. Go to the Facebook causes website at <http://apps.facebook.com/causes/419195> and add COCAF to your causes. Supporting post-adoption support in Colorado is an important cause – and the more people know about our cause, the stronger we become.

What Has COCAF Done for You?

COCAF provides critical support to adoptive families in crisis, as well as providing information for adoptive families through both our monthly newsletter and the COCAF website. And we do all this at no cost to you. Please help us continue providing our services by donating today.

COCAF has three simple ways you can donate:

1. Go to <http://www.cocaf.org> and click on the Donate Now button on the upper right corner of the screen. **COCAF will receive 100% of your donation.**
2. Go to the Facebook causes website at <http://apps.facebook.com/causes/419195> and click on the green DONATE button. COCAF will receive your donation minus a small Facebook processing fee.
3. If you don't want to donate online, just mail your check to:

COCAF
5702 West 114th Place
Westminster, CO 80020-6831

COCAF Services

If you are in need of COCAF's services or just want to pass on some information, you may email Deborah Cave, Executive Director, at deborah.cave@cocaf.org.

COCAF Newsletter

If you have items you think would be appropriate for the COCAF newsletter, please forward those items to colleen.tarket@cocaf.org by the 20th of the month for consideration for the next month.

Adoption/Kinship/Foster Information

Lawmakers in Two States Advance Bills on Original Birth Certificates

Legislative bodies in Illinois and New Jersey have taken major steps toward giving adult adoptees access to their original birth certificates.

In Illinois, HB 5428 passed the House and moved to the Senate, where it is awaiting committee assignment. Under this bill, adult adoptees could obtain a copy of their original birth certificates provided that a birthparent did not make a specific request for anonymity. The measure also encourages use of the statewide adoption registry and mandates the collection of medical and personal information from all registry participants.

In New Jersey, S 799 passed the Senate on March 22 and is under review by the Assembly Human Services Committee. This bill would create a one-year "opt-out" period after passage, during which birthparents could file a disclosure veto and submit medical and cultural information instead.

To read the full text of Illinois HB 5428, go to:

<http://www.ilga.gov/legislation/BillStatus.asp?DocNum=5428&GAID=10&DocTypeID=HB&LegId=50466&SessionID=76&GA=96>.

To read the full text of New Jersey S 799 as introduced, go to:

http://www.njleg.state.nj.us/2010/Bills/S1000/799_11.HTM.

To read the Adoption Institute's report on the issue, go to:

http://adoptioninstitute.org/policy/2008_09_expand_resources.php.

To read a letter and testimony submitted by the Institute in New Jersey, go to:

http://www.adoptioninstitute.org/policy/20100302_letter_newjersey.php.

Camps

Parent-Adopted Child Outward Bound

The Adoption Exchange and Colorado Outward Bound School have funding to present a modified Outward Bound Wilderness experience for adoptive families. The trip will focus on the promotion of attachment and closeness between parent and child as well as self-esteem building for all. The games and exercises used will be age-appropriate for teens.

The 3-day experience is scheduled for August 6-8th, 2010. Colorado adoptive families who have children 13 years and older are invited to attend without charge. The weekend is set up to accommodate one parent and one teen from six families.

The selected families will be sent a packet of information and forms which must be completed and returned to the Colorado Outward Bound School no later than July 1st. The packet contains medical forms which must be signed by the family physician in order to attend. A \$200 refundable deposit will be required to hold the two slots for each family. It will be returned to the family after participation in the trip.

If you are interested in attending the Outward Bound weekend, contact Beth Bacon at 303-755-4756 ext. 273 or send an e-mail to beth@adoptex.org requesting an application.

There are still open spots! Apply now for an experience of a lifetime! The deadline has been extended to May 7, 2010.

Chatterpillars Camp Runamok

Chatterpillars Camp Runamok is a special summer day camp for children ages 3 to 11. Created with children with special needs in mind, this camp program also offers a one-of-a-kind opportunity for typically developing children to be part of an unparalleled adventure. This camp is not designed to be a therapy program, but it has a theme-based curriculum generated by speech-language and occupational therapists whose intent is to provide positive, adventurous and fun-filled social interactions for all who attend.

Chatterpillars Camp Runamok offers children:

- A supportive environment surrounded by peers
- Increased competence, confidence and independence
- Participation in many community-based experiences

During each week, arts and crafts, sports, music, sensorimotor activities, and special events will be provided for a fun-filled, enriching experience for the children. Some of this summer's themes include: sports, animals, ocean adventure, transportation and community outings. In addition, campers will create their own personalized memory album during weekly scrap booking.

Camp is held Mondays, Wednesdays, and Thursdays beginning June 2 through August 6 at Colorado Community Church, 3651 S. Colorado Blvd. Englewood, CO 80113.

If you would like more information, contact Matthew or Trudi at 303-333-4062 or by email at chat@chatterpillarkids.com.

RADical Attachment Camp

July 31, 2010 – August 6, 2010
Echo Lake, Saskatchewan, Canada

RADical Attachment camps are designed to help families to connect and help challenging children to redirect their paths. The focus of camp is to renew, recharge and empower each parent and child with effective techniques to increase love and laughter in their homes. Skill building interventions will be taught and practiced to build trust, honesty, self-control, and conscience development. Most of us learn best with a hand on approach. Living the techniques and experiencing the change is the camp's goal. Families can then return home and continue to successfully improve relationships with their new skills.

This program is for families with challenging children aged 2 to 16 years old (RAD, DTD, SID, ADD, ADHD, ODD, OCD, and a number of other mood disorders). The camp is designed to provide parenting skills and one-on-one coaching to help children with attachment issues learn to be respectful, responsible, and fun to be around.

The treatment team includes Nancy Thomas, James Dumesil, Marie Sherwood, and trained staff, including our equine co-therapists. An important part of the treatment team is the horses. Most of the horses are Curly Horses that have puppy dog temperaments and are hypo-allergenic. This means that if you are usually allergic to a horse, you probably will not react to Curlies.

For more information, go to www.AttachmentCamp.com or contact Marie Sherwood, Executive Director, by email at marie@shalomranch.org.

Children with Disabilities Information

Disability Law Handbook Now Available in Hard Copy

The National Network of ADA Centers is pleased to announce the release of the new edition of the Disability Law Handbook. Free copies may be downloaded at:

http://www.southwestada.org/html/publication_s/dlh/index.html.

Hard copies can now be purchased for a \$5 charge (includes shipping/handling) at:

http://www.southwestada.org/html/publication_s/dlh/purchaseform.html.

You can also call the ADA Center at 1.800.949.4232 through TTY to request a copy.

The Disability Law Handbook is a 64-page guide to the basics of the Americans with Disabilities Act and other disability related laws. Written in an FAQ format, The Disability Law Handbook answers questions about the Americans with Disabilities Act, the ADA Amendments Act, the Rehabilitation Act, Social Security, the Air Carrier Access Act, the Individuals with Disabilities Education Act, the Civil Rights of Institutionalized Persons Act, and the Fair Housing Act Amendments. This publication is produced by the Southwest ADA Center, one of the ten National Network of ADA Centers funded by the National Institute on Rehabilitation and Research of the Department of Education, to provide technical assistance and training on the Americans with Disabilities Act and other disability-related laws.

Conferences

Spotlight on Healing: Creating Healing Families & Resolving Childhood Trauma

Presented by Colorado Post-Adoption Resource Center (COPARC) & COCAF
Saturday, May 8, 2010, 8:30 a.m. - 4:00 p.m.
Doubletree Hotel, 13696 East Iliff Place, Aurora, CO 80014-1319 (303-337-2800)

Keynote speaker will be Juli Alvarado.

2010 NAMI National Convention

Washington Hilton, Washington, D.C.
Wednesday, June 30 – Saturday, July 3, 2010

What better place to celebrate the Fourth of July than in our nation's capital! Washington's celebration of Independence Day, known locally as A Capitol Fourth, opens with day-long performances on the National Mall by some of the country's top musicians and ends with a spectacular fireworks display over the Washington Monument accompanied by a live performance by the National Symphony Orchestra. And, it's all free!

The NAMI National Convention is the annual gathering of some 2,500 mental health activists and advocates from all over the U.S. and several foreign countries. Our attendees include:

- Individuals who have a mental illness
- Family members of individuals with mental illness
- Health and social policymakers from both the public and private sectors
- Treatment professionals, including psychiatrists, psychologists, licensed counselors, nurses, and social workers. (CEUs are available for nurses, social workers, and licensed counselors.)

Attendees have one overarching reason for attending the NAMI National Convention: Improving the lives of people who live with mental illnesses and the lives of the people who love and care for them. Most attendees are responsible for securing or recommending mental health services, products, and information for themselves, loved ones, clients, and patients diagnosed with serious mental illnesses. This conference will help participants learn about the latest information, treatment options, coping strategies, support services, health and wellness information and activities, and legal and financial advice.

AHEAD & PEPNet Annual Conference

Co-Convened by AHEAD and PEPNet

Monday, July 12 – Saturday, 17, 2010

Sheraton Downtown Hotel, 1550 Court Place, Denver, CO 80202

The conference planners are incredibly excited to offer the unique opportunity to be part of an historic conference this year with the co-convening of two professional organizations – AHEAD and PEPNet. This year's AHEAD conference theme explores the underlying layers of humanity and the added value of disability "Person → Disability →→Diversity →→→ Humanity." The conference organizers have created a fabulous selection of sessions for all attendees, inspiring and knowledgeable keynotes, and a unique awards luncheon.

In order to really set the tone for the entire conference AHEAD is kicking off in grand style on Tuesday evening at 7:00 pm with the Opening and Keynote in the Plaza Ballroom, a change from past conferences. Keynote speaker, Irene Bowen, who served on the task force that developed DOJ's 1991 ADA regulations, will present "ADA Past Present and Future." Immediately following the Opening and Keynote is the Welcome Reception - a great time to reconnect with your colleagues, meet someone new, expand your networking circle, and enjoy some tasty Colorado treats.

To register: Got to <http://www.ahead.org/conferences/2010/registrationinfo>

New Horizons for Systems of Care

Presented by Georgetown University Center for Child and Human Development
Wednesday, July 14 – Sunday, July 18, 2010
Gaylord National Resort & Convention Center, National Harbor, Maryland

The National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development is offering Training Institutes on local systems of care for children and adolescents with or at risk for mental health challenges and their families. The biennial Training Institutes are organized in partnership with the Child, Adolescent and Family Branch of the federal Center for Mental Health Services and The Annie E. Casey Foundation.

The intent of the Institutes is to provide in-depth, practical information on how to develop, operate, and sustain systems of care and how to provide high-quality, effective clinical interventions and supports within them. Systems of care emphasize community-based care, comprehensive and individualized services and supports, family-driven and youth-guided care, cultural and linguistic competence, services provided within the least restrictive environment, and coordination among child-serving agencies and programs. The Institutes are designed for a variety of individuals including state, tribal, territorial, and local administrators, planners, providers, clinicians, care managers, families, youth, advocates, managed care organizations, educators, evaluators, technical assistance providers, and others concerned with improving services for children and families.

Participant registration fee for the Training Institutes is \$745. This fee covers attendance at all Institutes, Workshops, Special Forums, General Sessions, Poster Session and Dessert Reception, Welcome Banquet, Luncheon, Networking Lunch, attendance at a Targeted Institute, daily breakfast and breaks, and all conference materials. Tickets for guests to attend the Welcome Banquet will be available for purchase on site. *Attendance at a Pre-Institutes Training Program requires an additional registration fee of \$225.*

To register online as a participant, go to:

<https://www4.georgetown.edu/uis/keybridge/keyform/form.cfm?FormID=3218>

NACAC 2010 Conference in New England

Presented by the North American Council on Adoptable Children (NACAC)
Connecticut Convention Center, Hartford, Connecticut
Wednesday, August 4 - Saturday, August 7, 2010

The North American Council on Adoptable Children (NACAC) annual conference is for adoptive parents, foster parents, adoption workers, adoptees, kinship care providers, child welfare administrators, and other members of the adoption and foster care community.

NACAC's conference covers almost every adoption-related topic imaginable—with more than 80 sessions about post-adoption services, therapeutic techniques, parenting children with challenges, recruitment and pre-adoption issues, international/infant adoption, public policy, and more. Many sessions are advanced, so even experienced parents and workers will benefit. Tentative sessions include:

- Find a Family for Any Youth in 12 to 20 Weeks!
- Surviving Adolescence: A Workshop for Parents Raising Challenging Teens
- Creating a Cultural Continuity Plan for Children
- What to Look for in an Adoption-Competent Therapist
- State of the Art Home Studies
- Living with Hurt or Scared Kids: Attachment, Trauma, and Neurobiology
- Advocating for Permanency in a Tight Budget Environment
- Post-Adoption Services for International Adoptive Families

The conference features nationally acclaimed speakers including Maris Blechner, Terry Cross, Wayne Duehn, Denise Goodman, Gregory Keck, Regina Kupecky, Joyce Maguire Pavao, Brenda McCreight, Ruth McRoy, and Pat O'Brien. Each year we add new speakers and topics so the conference is unique and valuable for new attendees and veterans alike.

Keynote speakers:

Thursday: **Josh Shipp** will entertain and inform with his session "Don't Be Average." A TV host, author, and one of *Inc.* magazine's 30 under 30 list, Josh has established an international reputation as an inspiring speaker. In this heartfelt and humorous speech, Josh will tell his own story about being abandoned as a baby and enduring an abusive childhood, but his tale does not end in sadness. It rises above the situation to show how a mess can turn into a message.

Friday: Adoptee, adoption professional, and advocate **Oronde Miller** will explore how parents and professionals can enhance their ability to support vulnerable children.

Saturday: NACAC will present awards to deserving individuals and organizations. Attendees will then be amused and educated during an inspiring closing session with **Denise Goodman**, child welfare trainer and consultant extraordinaire.

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To put your name on a list to receive a conference announcement, contact NACAC at info@nacac.org or 651-644-3036.

Registration is now open for the 2010 NACAC conference in Hartford, Connecticut on August 5 to 7 (pre-conference sessions August 4). Visit <http://click.icptrack.com/icp/relay.php?r=1062655731&msgid=31175166&act=LETZ&c=69890&destination=http%3A%2F%2Fwww.nacac.org%2Fconference%2Fconference.html> to learn more about the conference, including keynote speakers, workshops and institutes, pre-conference sessions, the program for children and youth, and fees. From the main conference page, you can link to a registration page.

Register by July 10 to receive discounted fees:

- NACAC members \$235 US/\$260 CDN
- Non-members \$285 US/\$315 CDN
- After July 10, fees increase by \$55 US/\$60 CDN.

Full registration fees cover institutes, workshops, general sessions, Saturday's awards luncheon, and a CD with handouts. For those who register as non-members, a one-year individual NACAC membership is also included. Registrants can also elect to attend a single day or two.

Current NACAC [members](#) receive discounted registration fees: one for individual and parent group members, up to 20 for enhanced parent group and organizational members, and unlimited for employees of national/corporate members. Registrants can also apply for membership with the registration and use the discounted rate.

NACAC offers a program for youth ages 6 to 18 with workshops and field trips. Space is limited, so register when forms are available this spring.

NACAC is pleased to announce the availability of a limited number of scholarships, funded by Jockey Being Family, to attend NACAC's 36th annual conference in Hartford, Connecticut, August 5–7, 2010.

Scholarships are available to parent group leaders if (1) your **parent group** is or becomes a current parent group member of NACAC and (2) the applicant has **not** previously attended an annual NACAC conference. **The application deadline is May 14.**

For more information on the scholarships, contact Mary Boo at maryboo@nacac.org.

Education

Foster Youth Scholarship: Hopes for Higher Ed

The Hopes for Higher Education Scholarship is awarded to youth in foster care for the purposes of obtaining professional certification or to attend a post secondary institution (undergraduate only). Scholarships range in amount from \$500 to \$1,000, and the number awarded each year varies depending on funding. Scholarship funds may be used for tuition, fees, and school room and board.

A complete application and supporting documentation must be received on or before May 15, 2010.

Candidates for the scholarship must demonstrate the following to be considered:

1. Applicants must be legal residents of the United States.
2. Applicant may reside in a foster home, group home, or kinship care or be an emancipated foster youth under age 25 (proof of age required with submission of application).
3. Are not receiving 100% tuition reimbursement from another source.
4. Submit a complete, signed application, together with all supporting documentation, if any, by the deadline date listed under the Selection Process section. The completion of the application form does not create an obligation to award a scholarship to applicant.
5. Submit an essay to address the following question: How will you utilize your college education to contribute to society? High importance will be placed on the applicant's desire to advance in their education, with an emphasis on furthering their careers, and their impact in the community for which they reside. To be considered, the essay must meet the following requirements:
 - MAXIMUM of 1,000 words
 - Double spaced
 - 12 point font
 - 8 x 11 white paper
 - Two letters of recommendation (one must be from Social Worker or Foster Parent)
 - Proof of enrollment & acceptance to program
 - All materials must be emailed to: scholarship@hopesforhighereducation.com

For more information, go to www.hopesforhighereducation.com or email scholarship@hopesforhighereducation.com.

Mental Health

National TA Center for Children's Mental Health 2010 Conference Call Series

The National Technical Assistance Center for Children's Mental Health, at the Georgetown University Center for Child and Human Development, is again sponsoring a series of topical calls. The conference calls cover important and emerging trends in the mental health field. Presentations from expert resource persons are followed by open discussion in order for all participants to ask questions and enrich the conversation.

Conference calls are held the third Thursday of every month from 3:00 p.m. to 4:30 p.m. Mountain Time. Long distance charges may apply.

Visit the link below for registration information and the full 2010 calendar of calls.

<http://gucchdtacenter.georgetown.edu/resources/2010calls.html>

May 20, 2010, 3:00 - 4:30 p.m. M.D.T.

What Are We Learning About the Early Childhood System of Care Grantees: A Focus on Outcomes

In this call, presenters from the SAMHSA, CMHS early childhood community system of care grants will share what they have learned through their grant. The evaluators have been using some common measures to look at demographics and outcome. This group among others was instrumental in encouraging CMHS to expand the definition for serving infants and young children to include "imminent risk." Presenters will share this new definition along with the instruments and tools they are using to evaluate young children.

Presenters: Roxane Kaufmann, M.A., Senior Policy Associate, National TA Center for Children's Mental Health, Director of Early Childhood Policy, Center for Child and Human Development, Georgetown University, Washington, DC and **Neal Horen, Ph.D.**, Senior Policy Associate, National TA Center for Children's Mental Health Director, H.O.Y.A. Clinic, Georgetown University Center for Child and Human Development, Washington, DC.

June 17, 2010, 3:00 - 4:30 p.m. M.D.T.

Mental Health Disparities and Young Adults of Transition Age

In 2003, The President's New Freedom Commission on Mental Health identified the elimination of disparities in mental health care as a major goal. This call will address the multiple factors that contribute to mental health disparities in the population of young adults with behavioral health concerns transitioning to adulthood. Issues to be considered and positive actions to eliminate disparities will be addressed.

Presenters: **Gwendolyn White**, *Director of the Healthy Transitions Initiative for the National TA Center for Children's Mental Health*, Great Lakes Behavioral Research Institute, Pittsburgh, PA and **Vivian Jackson, Ph.D.**, *Senior Policy Associate, National TA Center for Children's Mental Health and National Center for Cultural and Linguistic Competence*, Georgetown University Center for Child and Human Development, Washington, DC.

There will be no TA calls in July or August.

SAMHSA, Ad Council, and Inspire USA Foundation Launch National Suicide Prevention Campaign for Teens

The Substance Abuse and Mental Health Services Administration (SAMHSA), along with the Ad Council and the Inspire USA Foundation, launched a new Teen Suicide Prevention national public service campaign, the first teen suicide prevention effort from SAMHSA to utilize a national mass media strategy, as well as a robust digital outreach program.

The public service announcement (PSA) campaign—We Can Help Us—was developed out of the acquired insight that, although many teens encounter the same tough times, many also develop positive solutions to help overcome them. The campaign empowers teens by reminding them that there are ways to get through whatever problems they face and directs them to visit reachout.com to hear stories from others who successfully conquered their tough times.

The campaign includes TV, radio, and print advertising, and mall and in-school posters and viral videos. The reachout.com website features stories from teens, as well as tips to help cope with tough issues and links to resources, including the National Suicide Prevention Lifeline, for teens who need immediate help. The public service announcements (PSAs) will be distributed widely in the national media this week.

To learn more, view the National Suicide Prevention Campaign for Teens [Multimedia News Release](#). You can also visit [SAMHSA's Web site](#) or the [Ad Council Web site](#) to learn more.

Resources

Guide Helps Parents Inform Their Children About Online Safety

Published by the Federal Trade Commission (FTC), "[Net Cetera: Chatting with Kids About Being Online](#)" offers parents practical tips to guide their children in navigating the online world.

As the guide notes, online means of interaction come with certain risks, including inappropriate conduct, contact, and content. The information that "Net Cetera" provides can help parents empower their children to reduce these risks.

This free resource is available online at [OnGuardOnline.gov](#), a website maintained by the FTC with support from its partners, among which is the Department of Justice's Office of Justice Programs.

"Net Cetera: Chatting with Kids About Being Online" is available online at www.onguardonline.gov/topics/net-cetera.aspx.

The guide is also available in Spanish at www.alertaenlinea.gov/pdf/stec04.pdf.

Bulk print copies may be ordered at bulkorder.ftc.gov/.

CDHS Website Moving to [Colorado.gov](#)

The Colorado Department of Human Services (CDHS) website has been moved to be part of the [Colorado.gov](#) website. Most of the CDHS parent information can now be found at: <http://www.colorado.gov/cs/Satellite/CO-Portal/CXP/1174084100484>.

Surveys

CCN Survey

The Community Champions Network (CCN) Coalition is conducting this survey to learn how adopted children are doing in different aspects of their lives and what services their families might need.

This information will be used in creating advocacy messages regarding post-adoption supports and services in Colorado and nationally. We hope you will take the time to complete it. It is important to hear from as many families as possible, both those who are experiencing challenges as well as those who are not. If you have any questions, please contact Kim Stevens, CCN Project Manager, at kimstevens@nacac.org or 508-254-2200.

Access the survey at: <http://www.surveymonkey.com/s/LSHLNF6>

Kim Stevens, Project Manager
Community Champions Network
508-254-2200 - cell phone

Visit Community Champions Network blog at <http://communitychampions.wordpress.com/>

Married Adoptive Parents Research Study

Married adoptive parents are needed for an online research study to explore the effect of adoption on marriage and parenting.

Research results provide valuable insights to create post-adoption family resources. You can earn \$10.00 cash for completing the survey which will take 20 to 30 minutes. In addition there will be a random pick drawing of "one" participant for a \$200.00 gift certificate.

Go to <https://www.psychdata.com> and click on CREATE ACCOUNT. When you get to the second page, enter survey #132540 to participate (you do not have to create an account).

If you have questions about this research study, you may contact the researcher, Ms Sonja Otten-Fox, at sonjaeo@gmail.com.

Training Opportunities

Improve Your Safety: Patient Advocacy 101

Presented by Citizens for Patient Safety and The Children's Hospital of Denver
Saturdays, May 15 & 22, 2010, 10:00 a.m. – 1:00 p.m.
The Children's Hospital, 13123 East 16th Avenue, Aurora, CO 80045
Mount Oxford Room

At this free workshop, you'll learn:

- Why you need an advocate
- How to enhance communications with your medical providers
- How and why errors happen in health care
- How to find health information so you can make informed decisions

You **MUST** be able to attend both sessions to register for this free event. At the end of the workshop, participants will receive a certificate of completion, and a free Patient Medical Journal.

Lunch will be provided.

To register: Call 303-226-5526 by May 7.

Cost: Free.

Understanding and Meeting the Unique Needs of Foster and Adoptive Families and Their Children

Presented by the Colorado Post-Adoption Resource Center (COPARC)

Denise Leffingwell, MSW, LCSW

Thursday, May 20, 2010, 9:00 a.m. – 4:00 p.m.

Pueblo County DSS, 1001 North Santa Fe, Pueblo, CO 81003

This introductory class will highlight:

- Child development issues and emotional conflicts in the life of a child moving through the foster care system to adoption
- Psycho-social issues, diagnosis, and treatment of a child who was adopted
- Post-placement support and treatment services for the adoptive family
- Strategies to address the special challenges of the adoptive family

Trainer Denise Leffingwell, MSW, LCSW, has over 10 years experience in social work.

Cost: Free to professionals who work with adoptive and foster families. Attendees are responsible for their own breakfast, lunch, snack, and drinks.

To register: Contact Tanya Hammar by email at Tanya@adoptex.org or by phone at 303-755-4756 or 1-800-451-5246.

Respite Care Training

Presented by COPARC

Denise Leffingwell, MSW, LCSW

Friday, May 21, 2010, 9:00 a.m. – 4:00 p.m.

Penrose House, 1661 Mesa Avenue, Colorado Springs, CO 80906

The Colorado Post-Adoption Resource Center (COPARC) was created to meet the needs of families who have adopted from child welfare. Adoptive parents tell us they struggle to find someone who can give them a break from parenting, so they can recharge themselves and continue to meet their children's special needs.

Topics for this workshop include:

- Becoming part of a team that supports adoptive family stability & prevents disruptions
- Positive approaches that will head-off issues before they become crises
- Concrete skills and techniques for managing challenging behaviors
- The unique needs of children who have been adopted or are in kinship or foster care
- Tools that will help you successfully work with families and their children
- Ideas for creating and sustaining group respite care programs

Trainer Denise Leffingwell, MSW, LCSW, has over 10 years experience in social work.

Cost: Free adoptive and foster families and the professionals who work with them. Attendees are responsible for their own breakfast, lunch, snack, and drinks.

To register: Contact Tanya Hammar by email at Tanya@adoptex.org or by phone at 303-755-4756 or 1-800-451-5246.

Promoting Placement Stability: Using Home Visits to Prevent Foster Care and Adoption Disruption

Presented by CDHS & The Adoption Exchange

Rhonda Miescke, trainer

Friday, May 28, 1:00 p.m. – 4:00 p.m.

Larimer County DHS, 2573 Midpoint Dr., Suite 108, Room 124, Fort Collins, CO 80525

This course includes a toolbox you can use in your practice, and the following issues will be explored:

- Best practice approaches to relationship building
- Ongoing training opportunities with resource families
- Structured homework between visits
- Easy progress record keeping for home visits
- Children's challenging behaviors and interventions

Instructor Rhonda Miescke has over 20 years of child welfare experience.

Cost: Free to county employees and associated parents; \$7.50 for FCAAC (formerly CPA) network members; \$15 for all others.

For further information: Contact Denise Leffingwell at 303-755-4756, ext. 264, or go to <http://www.cocwtraining.com>

To register: Go to www.cocwtraining.com, CDHS Course Code PPSU052810NE

Peak Parent Center Training List

The following list of classes has been provided by the Peak Parent Center.

May 1: *The Great Behavior Breakdown.* 9:00 a.m.-3:00 p.m. at Lifescape Counseling, Boulder. To register, www.postinstitute.com/gbb/free/. **FREE** with purchase of book and workbook.

May 3: *Understanding Learning Disabilities: From Diagnosis to School Success.* 7:00-8:30 p.m. at Meadows Branch Library, Boulder. For more information, www.boulderpsychologicalservices.com. **FREE.**

May 4: *Different Learners: Identifying, Preventing and Treating Your Child's Learning Problems.* Discussion by author, Jane Healy at 7:30 p.m. at Tattered Cover, LoDo. For information, ida_rmb@yahoo.com or 303-721-9425. **FREE.**

May 5: *Making Your Circle Work for You!.* 6:00-9:00 p.m. at St. Barnabas Episcopal Church. Dinner and Spanish translation. For more information, PEAK Parent Center at 800-284-0251 x112 or personcenteredplanning@peakparent.org. **FREE.**

May 8: *Partnering for Reading Success.* 9:00 a.m.-3:00 p.m. at Bethany Lutheran Church. Lunch provided. For information, 303-721-9425 or ida_rmb@yahoo.com or www.regonline.com/partnering_for_reading_success. **\$.**

May 8: *Promoting Optimal Wellness and Development for Children with Down Syndrome with Dr. Len Leshin: Annual Symposium for Parents.* 9:00 a.m.-4:00 p.m. at Marriott Denver Tech Center. Lunch, parking included. Spanish translation. Scholarships available. For more information, 303-636-5700 or www.denveroptions.org. **\$.**

May 8: *Parent Training: Autism and Behavior.* 9:00 a.m.-4:00 p.m. at Autism Society of Colorado. For more information, 720-274-2744. For families with incomes less than \$75,000. **FREE.**

May 11: *Advocacy Lunch and Learn: Immunizations.* 11:30 a.m.-1:00 p.m. at The Children's Hospital. To register, advocacy@tchden.org or www.thechildrenshospital.org/give/advocacy/index.aspx. **FREE (or \$5.00 with lunch).**

May 11: *Home Strategies to Support Students Who Struggle to Read.* 6:00-8:00 p.m. at Heatherwood Elementary, Boulder. Spanish translation with notice. For more information, 720-561-5918 or anna.stewart@bvsd.org. **FREE.**

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May 11: *Toilet Training for Children with Special Needs with Dr. Hepburn.* 6:00-8:00 p.m. at Developmental Pathways. For more information, 303-858-2153 or karenboucher@developmentalpathways.org. **FREE.**

May 12: *My Child Qualifies for Special Education, Now What?* 6:00-7:30 p.m. at Archuleta Elementary, Denver Public Schools. To register, call Keelee at 720-423-3785. **FREE.**

May 12: *Building Cooperative Behaviors.* 7:00-8:30 p.m. at Imagine!, Boulder. For more information, asbcmeeetings@gmail.com or 720-272-8231. **FREE.**

May 13: *Introduction to Dolphin Hands Free Guide.* 2:30-4:30 p.m. at Assistive Technology Partners Denver office. For more information 303-315-1280 or ATP@ucdenver.edu. **FREE.**

May 13: *Transition from Part C to Part B.* 6:30-7:30 p.m. To register for webinar, 800-284-0251 or www.peakparent.org/workshopsTrainings.asp. **FREE.**

May 13: SPANISH LANGUAGE ONLY. *IEP: Realizing Possibilities.* 4:00-5:30 p.m. at Teller Elementary, Denver. For information, PEAK Parent Center at 800-284-0251. **FREE.**

May 15: *Challenging Behavior: Prevention and Solutions Conference.* 8:30 a.m.-4:00 p.m. at South Fellowship Church, Littleton. For information, 303-423-1026 or www.relationshiproots.org. **\$.**

May 17: *The Great Behavior Breakdown.* 8:30 a.m.-4:30 p.m. at Lifescape Counseling, Boulder. To register, www.postinstitute.com/gbb/free/. **FREE** (with purchase of book and workbook).

May 20: 10 week series -- Learning for Living: Boyfriend/Girlfriend Series (for teens/young adults with cognitive disabilities). 5:30 to 7:00 p.m. at Southglenn Library. To register, 303-220-9228 or pam@arc-ad.org. **\$.**

May 21: *Advocacy Lunch and Learn: Colorado Child Health Trends.* 12:00-1:00 p.m. at The Children's Hospital. To register, advocacy@tchden.org or www.thechildrenshospital.org/give/advocacy/index.aspx. **FREE (or \$5.00 with lunch).**

May 26: *Estate Planning for Parents of Children with Special Needs.* 6:00-8:00 p.m. at Benedicts Restaurant, Greenwood Village. To register, 720-529-9800 or www.mydenverlawyer.com. **FREE.**

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May 27: *Advocacy Lunch and Learn: 2010 Legislative Overview.* 12:00-1:00 p.m. at The Children's Hospital. To register, advocacy@tchden.org or www.thechildrenshospital.org/give/advocacy/index.aspx . **FREE (or \$5.00 with lunch).**

June 1: *Understanding Autism Spectrum Disorders: A Multidisciplinary Perspective.* 8:00 a.m.-3:30 p.m. Location to be determined. For information, 303-465-4042 or annie@milehighclimbers.com . \$.

June 3, 10, 17 and 24: *The Great Behavior Breakdown.* 10:00-11:30 a.m. at Lifescape Counseling, Boulder. To register, www.postinstitute.com/gbb/free/. **FREE** (with purchase of book and workbook).

June 4-6: *Family Learning Retreat (families with children with hearing/vision impairments).* Colorado School for the Deaf and Blind, Colorado Springs. Spanish translation. For information, 719-578-2225 or dcovington@csdb.org . \$ (\$25/adult and \$20/child includes lodging and meals).

June 10 and 17: *Understanding Special Education: IDEA and IEP's.* 5:30-8:00 p.m. with dinner and childcare. Location TBD. For information, Community Parent Resource Center at 303-365-2772 or www.denvermetroprc.org . **FREE.**

June 12: *Responding to Challenging Behavior: The ABC's of Positive Guidance.* 9:30 a.m.-12:30 p.m., Lakewood. To register, 303-423-1026 or www.relationshiproots.org . \$.

June 14-15: *Statewide Assistive Technology Symposium.* Adams 12 Conference Center, Thornton. For information, 303-315-1276 or www.assistivetechologypartners.org . \$

June 15: *Behavior Management Strategies for Children with Autism.* 6:30-8:00 p.m. at Southridge Recreation Center, Highlands Ranch. For more information, 303-985-1133. **FREE.**

June 16-17: *National Brain Injury Employment Conference.* Red Lion Colonial Hotel, Denver. For information, 303-636-5734 or rthompson@denveroptions.org or www.CBICS.com . \$.

June 24-27: *Parent Project Muscular Dystrophy Annual Conference.* Denver Marriott City Center. To register, www.parentprojectmd.org/ \$.

June 26: *What's With This Kid?: Understanding Temperament to Decrease Challenging Behavior.* 9:30 a.m.-12:30 p.m., Lakewood. To register, 303-423-1026 or www.relationshiproots.org . \$.

Just for Fun

9th Annual UPC Colorado Mothers' Tea

Saturday, May 8, 2010, 11:00 a.m. - 2:30 p.m.

The Westin Tabor Center, 1672 Lawrence Street, Denver CO

This remarkable celebration is all about honoring the spirit and devotion of some very special moms. Held in the grand ballroom of the Westin Tabor Center in downtown Denver, this year's Mother's Luncheon will feature a champagne reception complete with grand pianist and complimentary portraits by Scott T Photography. Attendees will enjoy a sumptuous luncheon and relaxing day of entertainment, which will include a very exciting fashion show and fabulous giveaways. The event will conclude with Celebrity Host, Dr. Stephanie Clements, announcing the winners of pamper packages for six, community-nominated, very deserving mothers. These elegantly prepared packages, which include spa services, dinner, and an overnight getaway, are the perfect gift for mothers, who so often place the needs of their children ahead of their own.

For tickets: <http://www.cpcoco.org/mttickets.html>

Help CHART & Make Your Mom Smile

Children's Help and Assistance for Residential Treatment, Inc. (CHART) believes that all adopted children, including those with mental illness, can grow to become contributing adults.

CHART can help you:

- Ask the right questions about placement
- Consider financial options
- Move your adopted child's life, and yours, forward

The members of CHART are both professionals and parents who have faced your same questions, emotions, and turmoil.

CHART is doing their annual Mothers' Day jewelry sale fundraiser. Go to <http://www.chartrtc.org/pages/events/events.html> to see the beautiful turquoise and silver jewelry designed by Michael Stanfield (*75% of your purchase is a tax deductible donation*).

For more information on CHART, go to www.chartrtc.org.

Free All The Time!

Aurora History Museum, 15051 E. Alameda Parkway Aurora, CO. (303) 739-6666.
Tuesday-Friday 9:00 a.m.- 4:00 p.m., Saturday & Sunday 11:00 a.m. - 4:00 p.m.

Bluff Lake Nature Center, off of Havana near Stapleton. For more information or clear directions call (303) 945-6717. Open sunrise to sunset.

For a comprehensive list of things to do for free in the Denver area, go to:
<http://www.denver.org/events/free-events>.

Fun Things & Coupons

For coupons for local Colorado activities, try these websites:

<http://www.coloradokids.com/listings.php?category=funthings&type=funcenter®ion=colorado>

<http://www.coloradokids.com/coupons.php>

http://www.familyfriendlyamerica.com/colorado_activities.html

Website Topics

This section contains the headings from some of the previous COCAF newsletter items. Rather than reprint these items in every newsletter, we're providing the name of the article and a link to the information on the COCAF website.

- Adoption-Related Information http://www.cocaf.org/adoption_topics
Adoption Exchange Support Groups Listing <http://www.cocaf.org/support>
Adoptive Families Denver <http://www.cocaf.org/adoptive>
COPARC <http://www.cocaf.org/coparc>
Encouraging Adoption and Helping Families: The Case for Refocusing Federal Funding on Post-Adoption Services
<http://voice-for-adoption.org/downloads/VFA%20postadopt%20paper%20FINAL%207.9.09.pdf>
Foster Care and Adoption Self-Assessment Guide <http://www.cocaf.org/adoption-foster>
Income Taxes & Adoption <http://www.cocaf.org/tax>
Larimer County Alliance for Grandfamilies (LCAG) <http://www.cocaf.org/kinship-larimer>
Starting/ Managing Parent Support Groups
<http://nysccc.org/family-supports/parent-groups/parent-group-management/>
Supporting Children Exposed to Violence <http://endabuse.org/content/features/detail/1314/>
- Adoption Subsidy Information <http://www.cocaf.org/subsidies>
Colorado Subsidy Information <http://www.cocaf.org/adoption-subsidy>
Expanding Title IV-E Adoption Assistance <http://www.cocaf.org/adoption-titleiv>
NACAC Report on Adoption Subsidies <http://www.cocaf.org/adoption-nacac-report>
National Subsidy Information <http://www.cocaf.org/adoption-national>
- Conference Calls/Discussion Boards <http://www.cocaf.org/current-conference>
Child Welfare League of America <http://www.cocaf.org/conference-welfare>
Conscious Connections Talk Radio <http://www.cocaf.org/conference-conscious>
"Listening to Parents" Project Discussion Board <http://www.cocaf.org/conference-listening>
NAMI Children's Conference Calls <http://www.cocaf.org/conference-nami>
- Education <http://www.cocaf.org/education-menu>
Casey "Foster Parent College" Scholarships <http://www.cocaf.org/scholarships-casey>
Expanded Access to College Financial Aid for Former Foster Youth <http://www.cocaf.org/college-aid>
Foster Youth Internship (FYI) Program <http://www.cocaf.org/youth-internship>
Mobility Issues & Special Education <http://www.cocaf.org/mobility>
Online Educational Advocacy Resource <http://www.cocaf.org/edu-advocacy>
Parents of Adults with Disabilities <http://www.cocaf.org/edu-parents>
Reducing Behavior Problems in the Classroom <http://www.cocaf.org/behavior-problems>
Spanish-Language Child Welfare Resources <http://www.cocaf.org/edu-spanish>
- Financial Assistance & Information <http://www.cocaf.org/financial>
Financial Classes <http://www.cocaf.org/financial-classes>
LEAP <http://www.cocaf.org/financial-leap>
United Way's 2-1-1 Service <http://www.cocaf.org/financial-united>
- Health Care <http://www.cocaf.org/healthcare>
Denver Options <http://www.cocaf.org/health-denver>
EPSDT: What It Is & Why It Is Important to Behavior Health Providers? <http://www.cocaf.org/epsdt>

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Medicaid Waiver Information <http://www.cocaf.org/health-medicaidwaiver>
UHCCF Grants for Child Health Care Services <http://www.cocaf.org/health-uhccf>

Legislative Information <http://www.cocaf.org/laws>

Colorado Child Welfare Action Committee <http://www.cocaf.org/legislation-cowelfare>
Emancipation Documents Colorado Legislation <http://www.cocaf.org/legislation-upcoming>
Nebraska Safe Haven Law <http://www.cocaf.org/legislative-nebraska>
Voice for Adoption Child Welfare Legislation Information <http://www.cocaf.org/voice>

Mental Health Care <http://www.cocaf.org/mental-health>

Attention Deficient Disorder Association (ADDA) <http://www.cocaf.org/mental-adda>
Autistic Children: ZAC Browser: Zone for Autistic Children <http://www.cocaf.org/mental-zac>
CHART: Children's Help and Assistance for Residential Treatment <http://www.cocaf.org/mental-chart>
Considering Residential Treatment Programs for Children <http://www.cocaf.org/mental-residential>
COPARC Therapist Database <http://www.cocaf.org/mental-nami>
E.R.I.C. Program <http://www.cocaf.org/mental-eric>
Guide on Bipolar Disorder in Children and Teens <http://www.cocaf.org/mental-bipolar>
Mental Health Websites <http://www.cocaf.org/mental-websites>
NAMI Connections Link <http://www.cocaf.org/mental-nami>
NAMI Guide to Crisis Intervention Programs for Youth <http://www.cocaf.org/nami-crisis>
New Parents and Teachers as Allies Resources <http://www.cocaf.org/mental-allies>
Resources for Youth With a Parent or Sibling Living with a Mental Illness
<http://www.cocaf.org/nami-resources>
Therapeutic Services for Jefferson County Victims <http://www.cocaf.org/mental-therapeutic>
Treatment of Children with Mental Disorders
<http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders/index.shtml>

Services & Resources <http://www.cocaf.org/community>

C.A.S.E. Adoption-Related Services <http://www.cocaf.org/services-case>
Disability Information www.disability.gov
Family Unification Program Housing Choice Vouchers <http://www.cocaf.org/fup>
Grandfamilies State Law & Policy Resource Center <http://www.cocaf.org/grandfamilies>
Kinship Program at Catholic Charities <http://www.cocaf.org/kinship-catholic>
Respite Care Services <http://www.cocaf.org/respice-care>
Respite: Give Me a Break Respite Program <http://www.cocaf.org/respice-break>

Training Resources <http://www.cocaf.org/trainers>

COCAF Calendar <http://www.cocaf.org/event/2009/04/30/month/all/all/1>
Colorado Department of Human Services (CDHS) <http://www.cocaf.org/trainers>
Evan B. Donaldson Adoption Institute <http://www.cocaf.org/trainers>
Foster Parent College (FPC) <http://www.cocaf.org/trainers>
Washington Learning Systems Website <http://www.cocaf.org/training-washington>

Free-For-All <http://www.cocaf.org/free-for-all>

Colorado-for-Free: Things to Do for Free <http://www.cocaf.org/free-colorado>
Free Car Seat Checks <http://www.cocaf.org/carseat>